

## VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

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## Copy of Circular, Brochure and Report of the Coaching Classes/Training Programs Conducted

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Prof. T. THIRUNAVUNIVARASU, MD.DA. Dean Velammal Medical College Hospital and Research Institute "Velammal Village" Madural-Tuticorin Ring Road Anuppanadi, Madural-625 009, T.N.



2017-18

Ref. No. NEET-PG/2017/001

10.03.2017

#### Circular

This is to inform that the college is organizing NEET PG coaching classes for students of the VMCH &RI from March 2017 to October 2017. Interested students can register their name with Dr. S. Anu Course Director, Prof. and HOD, Dept. of Physiology and Dr. B.N. Vallsih, Coordinator, Assistant Professor, Dept of Pharmacology. The detailed program schedule is attached below.

> (Dr. Anu) Course Director

To: All students through concerned HODs

#### Copy submitted to:

The Hon. Chairman The Director

**Copy to:** Dean Medical Superintendent Vice Principal Chief Administrative Officer Advisory Board Members

Prof. T. THIRUNAV MDDA Velammal Medica and Research Institute "Velammal Village" Madural-Tuticorin Ring Road

Madural-Tuticorin Ring Road Anuppanadi, Madural-625 009, T.N.



## VELAMMAL MEDICAL COLLEGE

HOSPITAL AND RESEARCH INSTITUTE

## MADURAI - 625009



## VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

2018-19

### Ref. No. NEET-PG/2018/002

10.05.2018

#### Circular

This is to inform that the college is organizing NEET PG coaching classes for students of the VMCH &RI from May 2018 to November 2018. Interested students can register their name with Dr. S. Anu Course Director, Prof. and HOD, Dept. of Physiology and Dr. B.N. Vallsih, Coordinator, Assistant Professor, Dept of Pharmacology. The detailed program schedule is attached below.

(Dr. Anu)

**Course Director** 

To: All students through concerned HODs

#### Copy submitted to:

The Hon. Chairman The Director

Copy to: Dean Medical Superintendent Vice Principal Chief Administrative Officer Advisory Board Members

NO.D.A. Prof. T. THIRUN pspital Velammal Med Madural-Tulicorin Ring Road Anuppanadi, Madural-625 009, T.N.



2019-20

Ref. No. NEET-PG/2019/003

01.04.2019

#### Circular

This is to inform that the college is organizing NEET PG coaching classes for students of the VMCH &RI from April 2019 to November 2019. Interested students can register their name with Dr. S. Anu Course Director, Prof. and HOD, Dept. of Physiology. The detailed program schedule is attached below.

> (Dr. Anu) Course Director

To: All students through concerned HODs

### Copy submitted to:

The Hon. Chairman The Director

**Copy to:** Dean Medical Superintendent Vice Principal Chief Administrative Officer Advisory Board Members

U. MD.DA.

Prof. T. THIRUNAVUKKARASU, MD.DA. Dean Velammal Madical College Hospital and Rosearch Institute "Velammal Village" Madural-Tuticorin Ring Road Anuppanadi, Madural-625 009, T.N.



**Circular** 

Date: 28/08/2020

Velammal Medical College Alumni Association is organising a training programme '**Will O Wit:** a PG prep expose' on 05/09/2020. 'The speakers are alumni who are currently pursuing their post-graduation at highly eminent institutes. All interns and students are requested attend the programme via Zoom as it is of high value.

Dean

To: All Interns/students through Concerned HODs

**Copy Submitted to:** 

The Hon. Chairman

The Director

Copy to:

Medical Superintendent

Vice Principal

Chief Administrative Officer

**Advisory Board Members** 

Pref. T. THIMUT ASU, M.D., D.A., llege Hospital irch Institute ciammal Villane" Madural-Tulicorin Ring Road Anuppenadi, Madural-625 009, T.N.



## VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

#### Report for Will-O- Wit

An Orientation programme was conducted by the newly formed Velammal Medical College Alumni Association for giving an insight into NEET-PG. It also marked the first grand event by the alumni association of the college. The aim was to give tips and tricks about the exam and the preparation strategies involved. The welcome address was given by the president of the alumni association Dr. Maria Vidhyan Fernando. He spoke on the formation of the association and the aims that it wishes to achieve. The honorary address was given by Dr. R.M Raja Muthiah, Dean of VMCH&RI. He spoke on the importance of the alumni association and how a strong alumni association is essential in networking and aiding one's career graph. The Speakers were introduced by Dr. Ramesh, professor of General Medicine. The speakers were Dr. Saran Lal (MD anaesthesia, AIIMS Delhi), Dr. Abishek (MD paediatrics, JIPMER) and Dr. Aruna (MD General Medicine). Each one had spoken about their pg preparation, its intricacies, strategies involved, the counselling process and lastly the stark difference in the lives of a PG student and an undergraduate/ intern. A Q&A session was hosted by Mr. S. Ajay Sreevatsav, student coordinator 2<sup>nd</sup> year MBBS, VMCH&RI and all the queries asked by the students were answered in a clear manner. The vote of thanks was given by Dr. C. Prathap, Executive secretary of the Alumni Association and the session was concluded.

#### List of guest speakers- 05-09-2020

Topic: "WILL-O-WIT"- A PG prep expose

Platform: ZOOM meetings

#### **Guest speakers:**

- 1. Dr. Saran Lal (MD Anaesthesia, AIIMS, Delhi)
- 2. Dr. Abhishek (MD Paediatrics, JIPMER)
- 3. Dr. Aruna (MD General Medicine, Madras Medical College)

artical College Hospi Madural-Tuticorin Ring Road Anuppanadi, Madural-625 009, T.N.



## **VELAMMAL MEDICAL COLLEGE** HOSPITAL AND RESEARCH INSTITUTE

MADURAL - 625009





VELAMMAL MEDICAL COLLEGE

HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



## VELAMMAL MEDICAL COLLEGE ALUMNI ASSOCIATION

presents

## "WILL-O-WIT" A PG Prep Expose

You can interact and learn all about PG Exams
From experts who have cracked it
All the Do's & Dont's that you need to know
Get all your questions answered

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## ESTEEMED SPEAKERS

OUR



**Dr. Saran Lal** (MD Anaesthesia AIIMS, Delhi)

## **Dr. Abishek** (MD Paediatrics, JIPMER)

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## **Dr. Aruna** (MD General Medicine, Madras Medical College)

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5th of September, 2020 Hosted 05:00 pm to 06:15 pm on zoom

## Program Agenda

05:00 pm	Welcome Address & Introduction to Alumini Association	
	Dr. S. Maria Vidhyan Fernando	
	President, Alumni Association, VMCH & RI	
05:05 pm	Honorary Address	
	Dr. R.M. Rajamuthaiah	
3	Dean, VMCH & RI	
05:08 pm	Introduction of Speakers	
	Dr. R. Ramesh	
in the second second	Professor, General Medicine, VMCH & RI	
05:10 pm	Speaker 1	
	Dr. Saran Lal	
	MD Anaesthesia AIIMS, Delhi	
05:27 pm	Speaker 2	
	Dr. Abishak	
	MD Paediatrics, JIPMER	
05:44 pm	Speaker 3	
	Dr. Anune.	
	MD General Medicine, Madras Medical College	
06:00 pm	Q&A Session hosted by	
	S. Ajay Sreevatsav	
	Student Co-ordinator 2nd MBBS, VMCH&RI	
06:10 pm	Vote of Thanks	
	Dr. C. Prathap	
	Executive Secretary, Alumni Association, VMCH & RI	

**Our Pillars of Support** 

Shri M.V. Muthuramalingam Honourable Chairman, Velammal Educational Trust

> Dr. R.M. Rajamuthaiah Dean, VMCH&RI

Dr. T. Thirunavukkarasu Medical Superintendent, VMCH&RI

> Dr. P.K. Mohanthy Vice Principal, VMC

## **Organising Committee - NEET PG**

Dr. Anu S Physiology HOD, VMC

Dr. Ramesh R Professor, General Medicine, VMCH&RI

S Ajay Sreevatsav Student Co-ordinator, 2nd MBBS, VMCH&RI

**S Joyal** Student Co-ordinator, 2nd MBBS, VMCH&RI

N. Prasanna Venkatesh Student Co-ordinator, Final MBBS, VMCH&RI



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## VELAMMAL MEDICAL COLLEGE, HOSPITAL AND RESEARCH INSTITUTE, MADURAI

Department of Community Medicine

## ALUMNI ASSOCIATION

### Presents

## "WILL O WIT"

## **A PG PREP EXPOSE**

Report: Will o wit is an online webinar conducted on the fifth of September 2020 by the department of physiology, Velammal Medical college hospital and research institute, Madurai, organised by Velammal Medical College Alumni Association. The webinar was held on the topic of PG preparation, where in, esteemed guest speakers were asked to enlighten medical undergraduates about the nuances of preparing oneself to tackle the post graduate examination. The purpose of the webinar was to educate undergraduate medicos on the various techniques and tactics to crack Neet pg exam and to also rid them of their fears and doubts. The guest speakers were eminent doctors(Alumni) with postgraduation from reputed and esteemed medical universities. They volunteered to take time off their busy schedule to elaborate and share their personal experiences, the highs and lows, the difficulties they went through and the hard work they put in to ace the exams with flying colours. The event started at around 5 pm which was presided over by almost 67 attendees, all of them being from the final year, along with our esteemed dean Dr.Rajamuthiah, our medical superintendent Dr. Thirunavukkarasu sir, the HOD of physiology Dr. Anu ma'am and the members of the velammal alumni association. session started off with the welcome speech by Dr. Ramesh sir, which was followed by the introduction of the speakers which was done by Dr.Maria Vidhyan. Then, the Alumni speakers: Dr. Abishek, Dr. Aruna and Dr. Saran lal respectively, took turns to share their personalised experiences during the course of preparation for their PG exam. It gave the attendees an insight into their strategies, tactics, references, and a lot more ideas which laid a foundation as to what the possibilities are and what we can make of them. It was really intriguing to listen to each individual speaker as they brought about a variety of scenarios and

Madurai-Tuticorin F Anuppanadi, Madurai-625 009, T.N.



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## VELAMMAL MEDICAL COLLEGE, HOSPITAL AND RESEARCH INSTITUTE, MADURAI

## Department of Community Medicine

experiences which they faced, with major contrasting features to one another. This was followed by a doubt clearing session, which was conducted by S.Ajay Sreevatsav, a student of the second year. The doubts from the student's side were complied and presented to the speakers one by one, where they took turns to answer each individuals doubt with clarity and precision. The doubt clearing session proved fruitful as many meaningful doubts were asked and cleared. Some attendees asked questions spontaneously during the webinar, via the chat box which was further cleared at this session. No doubts were left unanswered. The session concluded with a thank you note from Prasanna venkateshan, a final year student. A feedback form was given for the attendees to fill which got an overwhelming response. The attendees, via their responses, reported that the session was an overall success and a very interactive one, where in most of their doubts were cleared and they found their fears and misconceptions surrounding the pg exam a little less worrysome. Some also commented that the 2 webinar was a little too formal and that it could've been a little less monotonous, but overall, the webinar went ahead with no setbacks and had a very good response from the attendees, who also wished to attend such webinars in the future.

Prof. T. THIRUNAVURKARASU, M.D.,D.A., De an Velammal Medical College Hospital and Research Instituto "Velammal Villags" Madural-Tulicorin Ring Road Anuppanadi, Madural-625 609, T.N.

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 You can interact and learn all about PG Exams from experts who have cracked it

- All the Do's & Dont's that you need to know
- Get all your questions answered

# **OUR ESTEEMED SPEAKERS**



# Program Agenda

05:00 pm Welcome Address & Introduction to Alumini Association Dr. S. Maria Vidhyan Fernando President, Alumni Association, VMCH & RI 05:05 pm Honorary Address Dr. R.M. Rajamuthaiah Dean, VMCH & RI 05:08 pm Introduction of Speakers Dr. S. Ramesh Associate Professor, General Medicine, VMCH & RI 05:10 pm Speaker 1 Dr. Saran Lal MD Anaesthesia AIIMS, Delhi

05:27 pm Speaker 2 **Dr. Abhishek MD** Paediatrics, **JIPMER** 05:44 pm Speaker 3 Dr. Aruna MD General Medicine, Madras Medical College 06:00 pm Q&A Session hosted by S. Ajay Sreevatsav Student Co-ordinator 2nd MBBS, VMCH&RI 06:10 pm Vote of Thanks Dr. C. Prathap Executive Secretary, Alumni Association, VMCH & RI

# **Our Pillars of Support**

# Shri M.V. Muthuramalingam

Honourable Chairman, Velammal Educational Trust

Dr. R.M. Rajamuthaiah Dean, VMCH&RI

## Dr. T. Thirunavukkarasu Medical Superintendent, VMCH&RI

Dr. P.K. Mohanthy Vice Principal, VMC

## **Organising Committee - NEET PG**



Dr. Anu S Physiology HOD, VMC

Dr. Ramesh S Associate Professor, General Medicine, VMCH&RI

# **S Ajay Sreevatsav**

Student Co-ordinator, 2nd MBBS, VMCH&RI



Student Co-ordinator, 2nd MBBS, VMCH&RI

# N. Prasanna Venkatesh

Student Co-ordinator, Final MBBS, VMCH&RI

# <section-header>Velammal Medical College Alumni AssociationDr. S. Maria Vidhyan Fernando S<br/>PresidentPresidentDr. A. Sowniya<br/>Vice PresidentDr. D. Harish Kumar<br/>General SecretaryDr. C. Prathap<br/>Lecutive SecretaryDr. Dharun Maharaj<br/>Joint SecretaryDr. R. Dhaarini

Joint Secretary Dr. M. Arun Raj Treasurer

## **Executive Members**

2013 Batch

Dr. C. Madhan Dr. M. Hari Balakrishnan Dr. S. Abishek Dr. S. Reshma Dr. T. Dhivya <u>2014 Batch</u>

Dr. V. Omprakash Dr. Jai Chandra Bose Dr. Parthiben Bala Dr. Sankar Dr. Dinesh Dr. Rafi Ahmed



## **VELAMMAL MEDICAL COLLEGE** HOSPITAL AND RESEARCH INSTITUTE



## **CERTIFICATE** OF PARTICIPATION

This Certificate is proudly presented to

## for participating in Career Guidence Programme WILL O WIT

conducted on 05<sup>th</sup> September 2020 organized by

Velammal Medical College Alumini Association

in Collebration with VMCH & RI, Madurai.

30mm

Dr. Samir Bele Head of the Department

Morie Vidhurm

**Dr. Maria Vidhyan** President, VMC Alumini Association

Dr. T. Thirunavukkarasu Dean 1. What are the subjects that we have to combine and study?

2. How frequently they attended grand tests?

3. What is the ideal time to start PG preparations? What are the things to follow?

How many questions will be asked on clinical scenarios?

4.If I started preparing for NEET PG during internship, can I crack it in first attempt

Also, internship is the final part of MBBS ,so we don't want to miss the fun. How can

we balance between PG preparations and other things simultaneously?

5. Preparation strategy for NEET vs central institute exams.

6.Study duration for each subject...topics to be concentrated more...subject weightage?

How much should I score in NEET PG to get government college seat for MS/MD?

7. How many times did they revise each subject?

8.Is there any specific order of subjects to be followed while preparing?

9. When did they start? How did they prepare?

Did they use any apps like marrow or Prepladder ..?

10. In NEET, if someone doesn't get enough marks in their first attempt...

How to handle it? How to develop confidence?

11. How to stay motivated throughout the course of preparation ?

12. What are all countries from which PG's are accepted in India? What are all the exams we have to appear?

13.Scope of various courses

14.Is it okay if we start in final year how to balance final year and preparation simultaneously?

15.Can girls choose orthopedics because it remains a cliché that girls are not

meant to do a man's job?

16. Which speciality to choose .... when did you come to know that this field is meant for u?

17. Are both genders treated equally in surgical specialties?

18. How did u prepare for NEET in your intern days?

19.Are central institutes better than state government colleges?

20. How is PG life? Is it hectic? Can u enjoy life?

21. Which speciality yields lot of money?

22. Is it possible to get a PG seat with 1 year preparation and how to organize our time 4 each subject?

23. How to learn pathology slides and ECG?

24. How to revise wisely?

25. What kind of schedule they followed ? And how did they sustain in their preparation through 10 months without getting distracted ?

26. Weightage and amount needed for preparation for each subject?

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Prof. T. THIRUMANNIKARASU, MD.DA. Dean Velanome' Medical College Hospital end Research Institute "Velanmel Village" Medurel-Tulicorin Ping Rend Anuppanedi, Madural-026 Cost, T.M.

# Will 'o' Wit

A PG prep Expose

- Will 'o' Wit is the inaugural programme organized by the Alumni Association of Velammal Medical College.
- The aim of Will O Wit is to motivate students to prepare for their PG preparation



## The Esteemed speakers for today..

• Dr. Saranlal – MD Anaesthesia, AIIMS Delhi

• Dr. Abishek- MD Paediatrics, JIPMER

 Dr. Aruna- MD General Medicine, Madras Medical College,

# Frequently asked questions by students

• When do I start to prepare?

• How should I start preparing?

• What are the subjects that we have to combine and study?

• How frequently they attended grand tests?

 4.If I started preparing for NEET PG during internship, can I crack it in first attempt ?
 Also, internship is the final part of MBBS ,so we don't want to miss the fun. How can we balance between PG preparations and other things simultaneously?

# Preparation strategy for NEET vs central institute exams.

• Study duration for each subject...topics to be concentrated more...subject weightage?

• How many times did they revise each subject

## Is there any specific order of subjects to be followed while preparing

- Did they use any apps like marrow or Prepladder..?
- In NEET, if someone doesn't get enough marks in their first attempt..
   How to handle it? How to develop confidence?

- What are all countries from which PG's are accepted in India? What are all the exams we have to appear?
- Scope of various courses
- Is it okay if we start in final year how to balance final year and preparation simultaneously?
- Can girls choose orthopedics because it remains a cliché that girls are not meant to do a man's job?

- Which speciality to choose ....when did you come to know that this field is meant for you?
- Are both genders treated equally in surgical specialties?
- How did u prepare for NEET in your intern days?

# • Are central institutes better than state government colleges?

- •How is PG life? Is it hectic? Can u enjoy life?
- Which speciality yields lot of money?
- Is it possible to get a PG seat with 1 year preparation and how to organize our time 4 each subject?

## How to learn pathology slides and ECG?

- How to revise wisely?
- What kind of schedule they followed ? And how did they sustain in their preparation through 10 months without getting distracted ?
- Weightage and amount needed for preparation for each subject?

# THANK YOU



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Velammal Medical College Hospital & Research Institute

& Speciality Wing

## OFFICE OF DEAN <u>CIRCULAR</u>

Ref.No.099/H/Cir/2022

Date: 11.07.2022

#### **Career Guidance Meeting**

Career Guidance Meeting is arranged for CRRIs on 12.07.2022 (Tuesday) at 2:30 pm in the 3rd floor Auditorium. Dr. N. Subramanian, Dr.Yuva Vishalini, Dr.Shivani, Dr.Madhan Dr.Dhivya and Dr.Seran Reddy will guide and share their experiences and all the CRRIs should utilize this opportunity for shaping their better future.

All HODs are requested to make a note of this and ensure the presence of CRRIs ontime for the meeting.

To: All CRRIs Through Concerned HODs

Copy Submitted to: The Hon.Chairman The Director

Copy to: Medical Superintendent Vice Principal Chief Administrative Officer Advisory Board Members

## **VELAMMAL MEDICAL COLLEGE** HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

#### Report

## Career Guidance Programme Hosted by Alumni of VMCH&RI

On 12.07.2022 a career guidance programme was hosted by the Alumni Association of Velammal Medical College. The aim was to give the Interns of VMCH&RI an idea of the career options available currently. The welcome address was given by Dr. Thirunavukkarasu, Dean VMCH&RI. He had talked about how he went about choosing careers when he was an intern, and how the options presented to medical graduates in his time were fewer when compared to what is being offered currently. Dr. Subramaniam, Rheumatologist had given his insight on his experience abroad and how he tackled it. He introduced the speakers, Dr Sai Yuvavishalini, who is currently on her way to the UK to continue her PLAB journey; Dr. Madhan who has successfully entered the administrative services and is currently under training; Dr. Dhivya, final year postgraduate in Anaesthesia in VMCH&RI and Dr. Shivani, Junior doctor working in the NHS in UK. Each speaker had a different perspective on career pathways. Dr Sai Yuvavishalini had spoken about the PLAB process and the selection crietiria, she'd explained on her pursuits during her UG period and how it helped build her resume as a candidate. Dr Shivani, who is currently a junior doctor in the UK, had explained on the process of PLAB, and the order of exams given to reach the level of a superspecialist. She'd also mentioned about the vast difference in attitude towards patient care, work culture and wages between UK and India. Dr. Madhan had spoken about the alternative career pathways that is being offered, ranging from insurance, foreign aid organizations, journalism and civil services. Lastly, Dr Dhivya had given a talk on research and how she went about paper presentations and how it would aid her in the future. The vote of thanks was presented by Dr. Swarnavalli, CRRI, and the session was concluded.

U, M.D., D.A., Deen Velammal Medical College Hospital 56 Modural Tolicoria Ring Road Anuppanadi, Madurai-625 009, T.N.

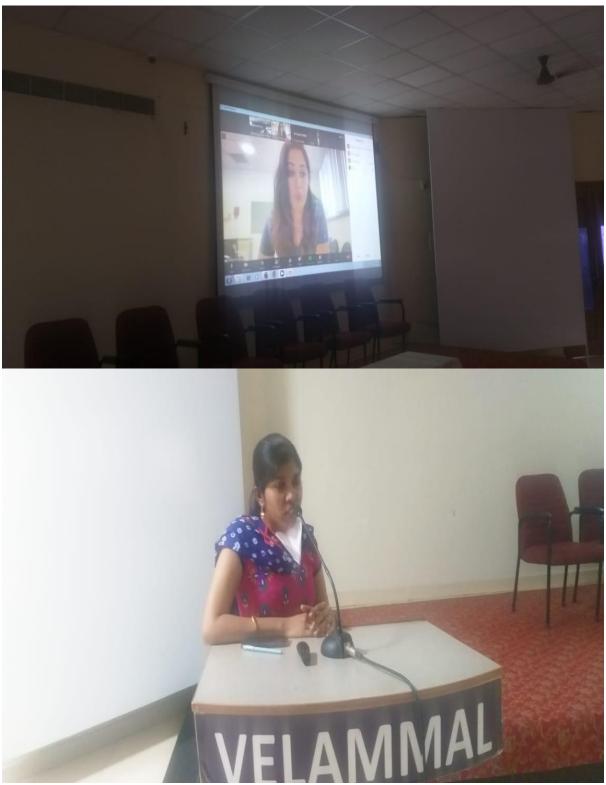














### VELAMMAL MEDICAL COLLEGE

HOSPITAL AND RESEARCH INSTITUTE



#### Velammal Medical College Hospital, Madurai

Invites YOU for the

CAREER TRAINING PROGRAMME FOR CRRIs on 12th July 2022.

Date: 12 <sup>th</sup> July 2022,	Time: 3pm to	o 430pm	Venue-3 <sup>rd</sup> Floor auditoriun	n	
3pm- Introduction and Welcome		: Dr N Subramanian, MD, MRCP, FRCP, Rheumatologist			
305pm- Deans Address		: Dr Thirunavukkarasu, Dean VMCH			
310pm- Whats beyond MBBS		: Dr N Subramanian, MD, MRCP, FRCP,			
320pm- Career abroad- first hand info : Dr Yuva Vishalini, GMC registered in UK					
330pm- Working in NHS U	ЈК	: Dr Shivani,	Core trainee Surgery, NewCastle	, <mark>U</mark> К	
340 pm Civil Services		: Dr Madhan	IPS (training) (Velammal Alur		
355pm-PG and Research		: Dr Dhivya, N	/ID (Anas PG, VMCH)		
405pm- NEET exam guida	nce	: Dr Seran Ree	ddy, MD (Anas/Critical ca Hyderabad		
420pm- QA-		All Panelists			
Concluding Remarks		: Dr Subrama	inian		
Vote of thanks		: Dr Swarnav	alli CRRI		
			Than	nk you	

Dr N Subramanian, Rheumatologist, VMCH



### VELAMMAL MEDICAL COLLEGE

HOSPITAL AND RESEARCH INSTITUTE



### CAREER TRAINING PROGRAMME FOR THE CRRIs

12<sup>TH</sup> JULY 2022



#### Velammal Medical College Hospital, Madurai

#### Invites YOU for the

#### CAREER TRAINING PROGRAMME FOR CRRIs on 12th July 2022.

 Date: 12 <sup>th</sup> July 2022, Time: 3pm	to 430pm Venue-3 <sup>rd</sup> Floor auditorium	
3pm- Introduction and Welcome	: Dr N Subramanian, MD, MRCP, FRCP,	
	Rheumatologist	
305pm- Deans Address	: Dr Thirunavukkarasu, Dean VMCH	
310pm- Whats beyond MBBS	: Dr N Subramanian, MD, MRCP, FRCP,	
320pm- Career abroad- first hand info	5 : Dr Yuva Vishalini, GMC registered in UK	
330pm- Working in NHS UK	: Dr Shivani, Core trainee Surgery,	
	NewCastle, UK	
340 pm Civil Services	: Dr Madhan IPS (training) (Velammal	
	Alumni)	
355pm-PG and Research	: Dr Dhivya, MD (Anas PG, VMCH)	
405pm- NEET exam guidance	: Dr Seran Reddy, MD (Anas/Critical care)	
	Hyderabad.	
420pm- QA-	All Panelists	
Concluding Remarks	: Dr Subramanian	
Vote of thanks	: Dr Swarnavalli CRRI	
	Thank you	

Dr N Subramanian, Rheumatologist, VMCH

#### Dr. Yuva Vishalini

- I. A GMC registered practitioner in the UK
- 2. An alumnus of Velammal medical college hospital and research institute, Madurai.

Dr. Shivani B Kuttuva

- I. Core trainee- Surgery, New Castle, UK.
- 2. An alumnus of Velammal medical college hospital and research institute, Madurai.

#### Dr. Madhan

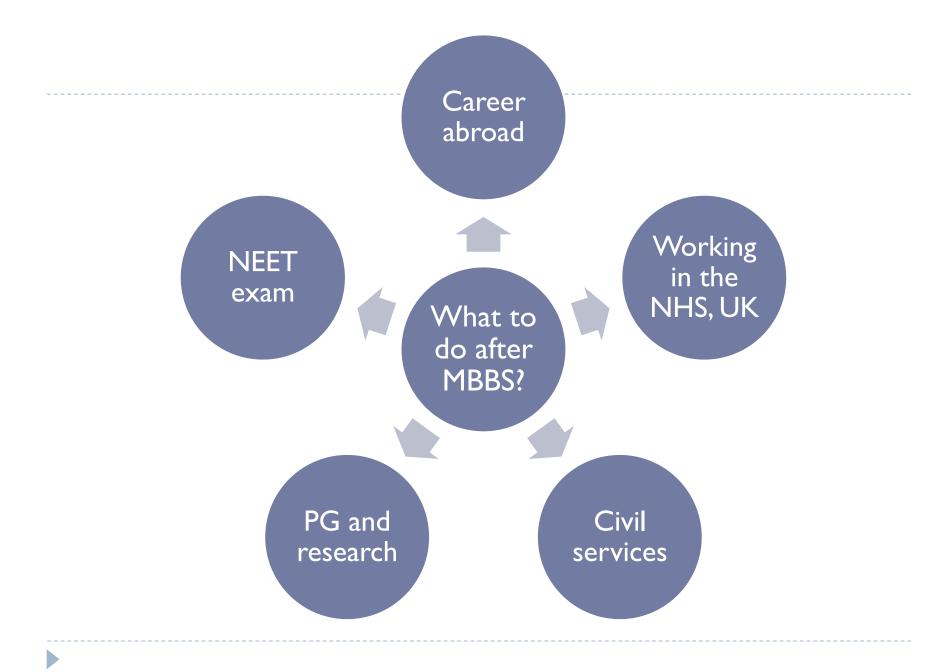
- I. IPS training
- 2. An alumnus of Velammal medical college hospital and research institute, Madurai.

#### Dr. Dhivya

- I. Final year post graduate in Anaesthesiology
- 2. And an alumnus of Velammal medical college hospital and research institute, Madurai.

Dr. Seran Reddy

- I. MD (Anaesthesia and critical care)
- 2. Practicing in Hyderabad



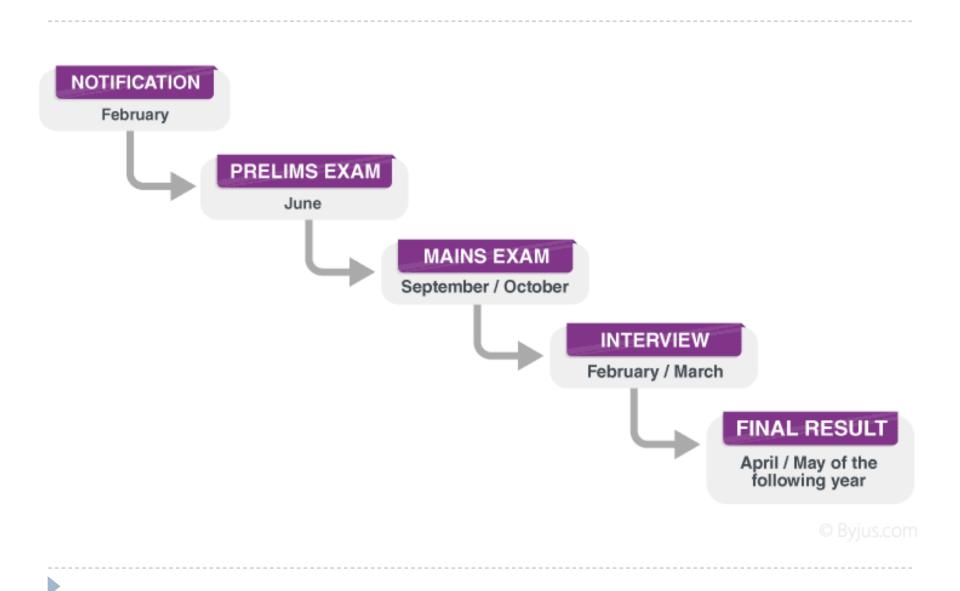
#### LESSON

## Making a solid NHS jobs profile

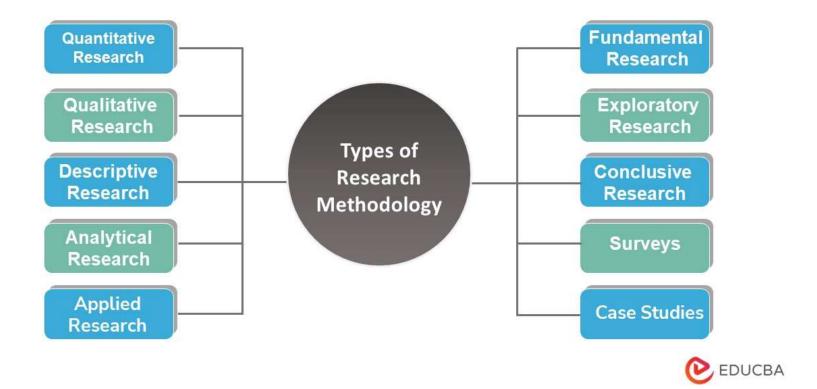


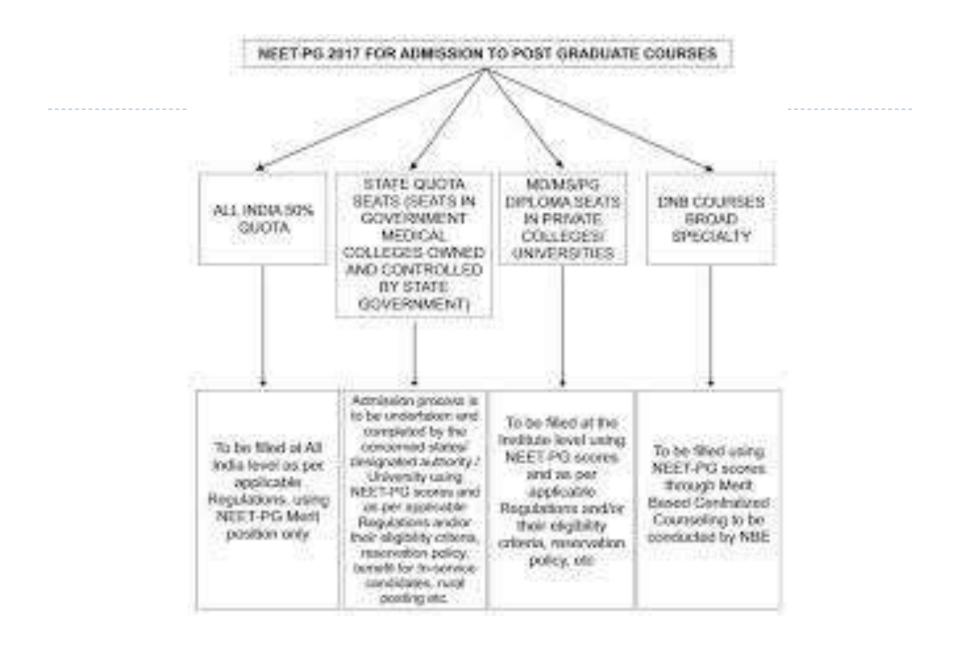


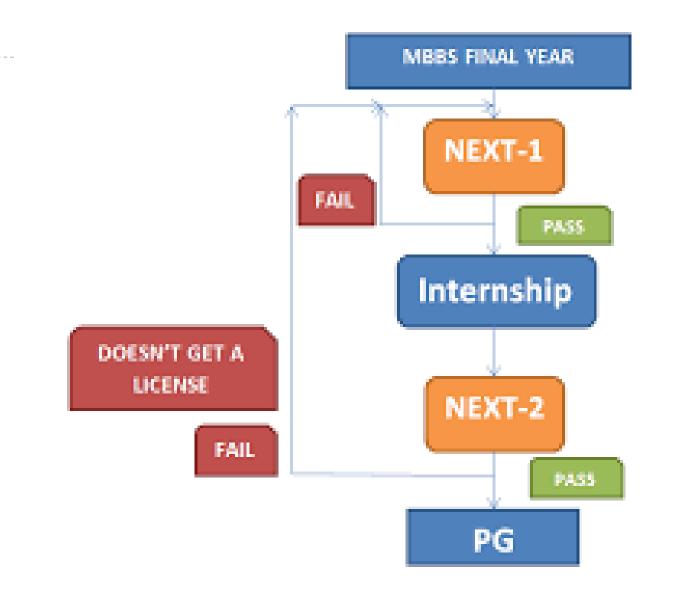




#### **Types of Research Methodology**











# **CERTIFICATE** OF PARTICIPATION

This Certificate is proudly presented to

for participating in "Alumini Association Meet - Career guidance

programme for CRRIs" conducted on 12<sup>th</sup> July 2022

by the **DEPARTMENT OF COMMUNITY MEDICINE** held at VMCH & RI, Madurai.

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Dr. T. Thirunavukkarasu Dean

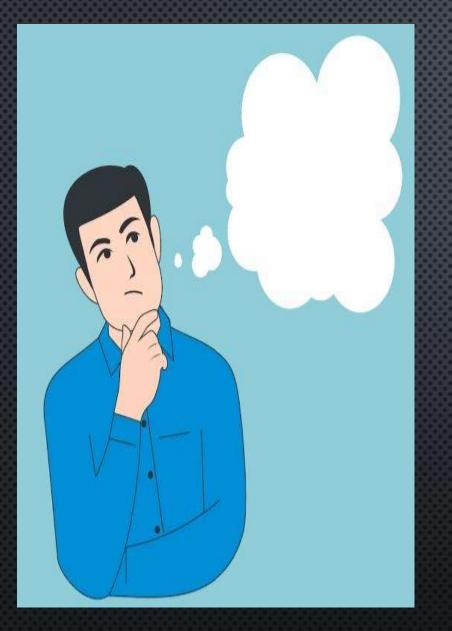
**Dr. Samir Bele** Head of the Department

Marie Vidhman

**Dr. Maria Vidhyan** President, VMC Alumini Association

# COMMUNICATION SKILLS FOR EFFECTIVE DOCTOR-PATIENT RELATIONSHIP

#### **BY DR.JAYASHREE**



"Doctors are Arrogant, always Busy , never have time,just Want to turn over patients Make more money They don't care"

#### COMMUNICATION SKILLS

"THAT'S A TALENT YOU EITHER HAVE IT OR DON'T HAVE IT YOU CANNOT LEARN IT I DON'T HAVE IT"



#### BASIC INTERVIEW TECHNIQUES

### DRESS CODE: ''THE PHYSICIAN ATTIRE ISN'T NECESSARILY A RELIABLE INDICATION OF HIS AND HER SKILL COMPETENCE''

"BUT THIS IS NOT ALWAYS PATIENT'S THINK PATIENT ASSOCIATE PROFESSIONAL ATTIRE WITH HONESTY KNOWLEDGE HIGH QUALITY CARE

#### ENTERING IN YOUR CLINIC PATIENTS ARE IN WAITING AREA MANY DOCTORS WILL WALK BRISKLY WHILE PULLING A LONG FACE

"SMILING AND WARMLY GREETING PEOPLE MEANS YOU ARE AND HUMBLE AND

FRIENDLY"

"THIS ACTUALLY MAKES YOU MORE IMPORTANT TO PEOPLE"

### BASIC INTERVIEW TECHNIQUES

"BEGIN YOUR INTERVIEW WITH ONE QUESTION IN MIND"

#### WHO IS THIS PERSON?



## ONLY WITH SYMPTOMS CAN REACH A DIAGNOSIS

IT'S A FACT THAT DOCTOR CANT REACH A DIAGNOSIS WITHOUT SYMPTOMS

"PATIENTS ARE NOT DOCTORS AND THEY DON'T KNOW THE FACT" NEVER ASSUME THEY SHOULD

WHAT TO DO?

TELL THEM



### BASIC INTERVIEW TECHNIQUES

N (LISTENING IS AN ART TO BE TAUGHT) AND LISTEN TO LEARN (THE TRUE STORY

OF PATIENT ILLNESS)

### DEALING WITH MISTRUST OF DOCTORS CARE

DOC, HAVE YOU SEEN CASE LIKE THIS BEFORE ?

WE ARE QUALIFIED WE ARE HONEST WE ARE CREDIBLE WE CARE WE ARE RESPONSIBLE

OUR PATIENT MUST TRUST US



## DEALING WITH PATIENT'S EMOTIONS



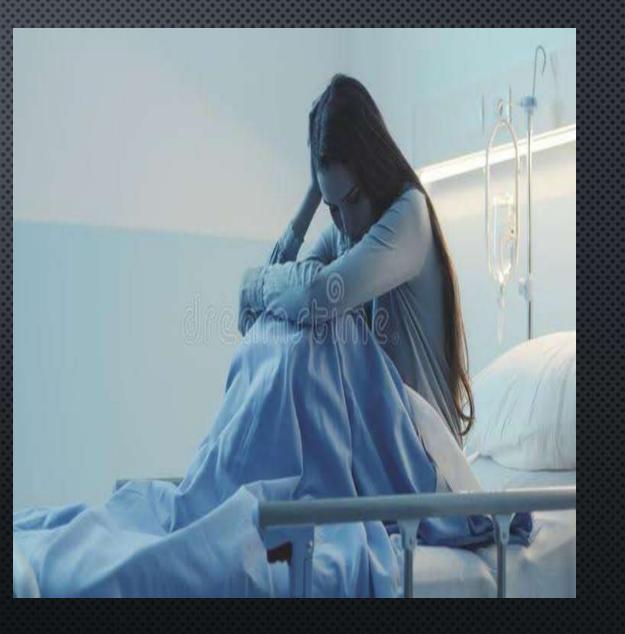
#### What doctors do When

CONFRONTED WITH AN ANGRY PATIENT?



### SADNESS AND FEAR

#### HOW TO DEAL WITH PATIENT SADNESS?



### GIVING BAD NEWS

#### Professional steps of giving bad news

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I'm afraid I have bad news 8= 8 0 O

# The S-P-I-K-E-S Protocol

**Breaking Bad News** 

SPIKES

# The S-P-I-K-E-S Protocol

- S Setting Up the Conversation
- P Perception
- I Invitation
- K Knowledge
- E Emotions
- S Strategy and Summary

## S – SETTING - Secure an appropriate area for the discussion.

- Have the conversation in a quiet undisturbed area.
- Prepare for what to say and anticipate the patient/family reaction.
- Have the key people (whom the patient wants) in the room.
- Seat the patient closest to you and have no barriers between you.
- Sit down, try to be calm, make eye contact.

# P – PERCEPTION - Assess the patient's understanding of the seriousness of their condition.

- Ask what the patient and family already know.
  - "Tell me what you understand about your condition so far."
  - "What did the other doctors tell you?"
  - "I'd like to be sure we are on the same page with understanding your condition, so can you tell me..."
- Assess the patient and family members' level of understanding.
- Take note of discrepancies in the patient's understanding and what is actually true.
- Watch for signs of denial.

## I – INVITATION - Get permission to have the discussion. "ASK BEFORE YOU TELL."

- Set goals for the discussion ask the patient if they want to know the details of the medical condition/treatment.
   "Td like to go over the results, would that be ok?"
   "Today my plan is to discuss...is that okay?"
- Accept the patient's right not to know.
- Offer to answer any questions the patient/family member may have.

## **K** – **KNOWLEDGE** - **Explaining the facts**

- Avoid medical jargon by explaining the facts in a manner that the patient will understand. NOT: "You have a nuclear grade 1ER/PR positive spiculated 4-centimeter lesion." BETTER: "You have a fairly good sized tumor in your breast."
- Fill in any gaps that were evident in the "Perception" stage.
- Present the information in small chunks.
- After each chunk, verify the patient's understanding.
   "Are you with me so far?"

## E – EMOTIONS - The Empathic Response – Be Supportive

- Deal with emotions as they occur (patients who are very emotional will not comprehend what you say).
- Use open-ended and direct questions to explore what the patient is feeling.
   "Can you tell me more about how you feel?"
   "Did that make you angry?"
- Respond to emotions with empathic and affirming statements.
   "I can see you weren't expecting this."
   "Most people would be upset finding this out."
- Use "tell me more" statements.
   PT: "I don't know how I'm going to tell my kids."
   MD: "Tell me more about that."
- Try to keep your own emotions from taking over.
- AVOID responding with false reassurance such as: "Everything will be fine." "Tve seen lots of miracles happen."

#### Note: You don't have to have the same feelings as the patient nor do you have to agree with the patient.

## **S – STRATEGY & SUMMARY - Closing the interview**

#### Strategy

- Decide what the best medical plan would be for the patient.
- Appraise in your mind or clarify with the patient their expectations of treatment and outcome.
- Recommend a strategy on how to proceed.
- Collaborate and agree on the plan.
- Ask the patient to repeat to you their understanding of the plan.
- Have a clear treatment plan in writing for the patient to take home with them.

#### Summary

- Summarize the conversation.
- Offer to answer questions. (be prepared for tough questions):
  - PT: "Does this mean I'm going to die?"
  - MD: "Tell me more about what concerns you?"
  - PT: "Can I be cured?"
  - MD: "I'm sorry to say that it is unlikely. Our goal is to keep it in check."
  - PT: "How long do I have to live?"
  - MD: "I can discuss that with you, but first tell me why you ask?"

#### References

Baile WF, Buckman R, Lenzi R, Glober G, Beale EA, Kudelka AP. SPIKES-A six-step protocol for delivering bad news: Application to the patient with cancer. The Oncologist 5(4):302-11, 2000.



# CLASS PROTOCOL

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#### BY DR.MUNEESWARAN

The C-L-A-S-S Protocol

# The C-L-A-S-S Protocol

Five Key Steps for Clinical Interviews

C - CONTEXT	The physical set up of the area you choose for the interview
L - LISTENING SKILLS	How to be an effective listener
A – ACKNOWLEDGE	How to validate, explore and address emotions and concerns
S - STRATEGY	How to provide a management plan that the patient can understand
S - SUMMARY	How to summarize and clarify the conversation ensuring comprehension

## **C-Context** (setting)

#### A private area with no distractions

### **Physical Space**

- Choose an area where you can have a private conversation.
- Your eyes should be at the same level as the patient and/or family member (sit down if you need to).
- There should be no physical barriers between you.
- If you are behind a desk, have the patient and/or family members sit across the corner.
- Have a box of tissues available.

#### **Family Members/Friends**

The patient should be seated closest to you.

#### **Body Language**

- Present a relaxed demeanor.
- Maintain eye contact except when the patient becomes upset.

#### Touch

- Only touch a non-threatening area (hand or forearm).
- Be aware of cultural issues that may not allow touching.

## L - LISTENING SKILLS

Be an effective listener.

#### **Open Ended Questions**

- "How did you manage with the new treatment?"
- "Can you tell me more about your concerns?"
- "How have you been feeling?"

### Facilitating

- Allow the patient to speak without interrupting them.
- Nod to let the patient know you are following them.
- Repeat a key word from the patient's last sentence in your first sentence.

## Clarifying

- "So, if I understand you correctly, you are saying..."
- "Tell me more about that."

### **Time & Interruptions**

- If there are time constraints, let the patient know ahead of time.
- Pagers and phone calls don't answer, but if you must, apologize to the patient before answering.
- Try to prepare the patient if you know you will be interrupted.

## A -ACKNOWLEDGE EMOTIONS

Explore, identify, and respond to the emotion.

#### **The Empathic Response**

- Identify the emotion.
- Identify the cause of the emotion.
- Respond by showing you have made the connection between the emotion and the cause.
   "That must have felt terrible when..."
   "Most people would be upset about this."
- You don't have to have the same feelings as the patient.
- You don't have to agree with the patient's feelings.

## S-STRATEGY

Propose a plan that the patient will understand

### The Plan

- Appraise in your mind or clarify with the patient their expectations of treatment and outcome.
- Decide what the best medical plan would be for the patient.
- Recommend a strategy on how to proceed.
- Evaluate the patient's response.
- Collaborate and agree on the plan.

## S-SUMMARY

Closing the interview

#### **Final Thoughts**

- Summarize the discussion in a clear and concise manner.
- Check the patient's understanding.
- Ask if the patient has any other questions for you.
- If you don't have time for further questions, suggest that they can be addressed at the next appointment.
- Make a clear contract for a follow up visit.

## CONES PROTOCOL

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#### BY DR .RAVI RAGHUL

# The C-O-N-E-S Protocol



# The C-O-N-E-S Protocol

When You Have to Tell

- C Context
- O Opening Shot
- N Narrative
- E Emotions
- S Strategy & Summary

### Use the C-O-N-E-S Protocol when:

- Disclosing that a medical error has occurred
- There is a sudden deterioration in the patient's medical condition
- Talking to the family about a sudden death

#### NOTE: The news should be delivered by the most senior person on the patient's treatment team.

## C – Context

- Prepare for what to say and anticipate the patient/family reaction.
- Have the conversation in a quiet undisturbed area.
- Seat the patient closest to you and have no barriers between you.
- Sit down, try to be calm, maintain eye contact.
- Have a box of tissues available.

## 0 – Opening Shot

Alert the patient/family member of important news.

"This is difficult. I have to tell you what I found out about why your mother is so ill."

"This is hard, but I have some information to give you that is important."

"I must talk to you about your condition."

"Thanks for coming in. I must tell you what is going on with your father."

## N – Narrative Approach

Explain the chronological sequence of events.

"As you know, your mother came in back in..." "Then, we gave her... and there was little improvement." "Last night we....and I just found out that ..."

"In other words, she received too much chemotherapy."

- Avoid assigning blame and/or making excuses.
- Emphasize that you are investigating how the error occurred.

"We started investigations and by the end of today I hope to be able to answer your questions as clearly as possible."

"I hope by the end of today she will turn the corner and start improving."

Offer a clear apology.

"I am really sorry that this has happened."

## E – Emotions

- Address strong emotions with empathic responses.
- Use the E-V-E protocol as soon as strong emotion occurs.
   *"I know it's upsetting for you and it's awful for me too."*

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#### "I know this is awful."

#### "It's very rare, but it does happen and I'm sorry to say that it did."

- Beware of being pushed into making promises you can't deliver.
- Avoid reassuring the person that there's going to be a good outcome or that no harm was done.

## S – Strategy & Summary

- Summarize the discussion and make specific plans for follow up.
- Let them know the situation is a priority.
  - "I am the doctor responsible for your mother so it is important that I found out what happened."
  - "I'll be open and honest with you when I have all the facts."
  - "I can guarantee we will do our best."
  - "Here is what I propose we do."
  - "Let's meet at the end of today or I can call you when I know more."
- If you don't know the answer, say so and that you will attempt to find out.
- Disclosing medical errors is now a standard. It's not optional.
- Sensitive disclosures have a favorable impact on malpractice claims.

VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE



# **CERTIFICATE** OF PARTICIPATION

This Certificate is proudly presented to

for participating in "Career Guidence Programme

#### HOW TO COMMUNICATE WITH YOUR PATIENT EFFECTIVELY"

conducted on 16<sup>th</sup> July 2022 organized by

**Velammal Medical College Alumini Association** 

in Collebration with VMCH & RI, Madurai.

20 mm

**Dr. T. Thirunavukkarasu** Dean

**Dr. Samir Bele** Head of the Department

Maria Vidhum

**Dr. Maria Vidhyan** President, VMC Alumini Association

From

Dr.S.Anu

Professor & Head

Dept of Physiology

VMCH&RI

Madurai

To

The Dean

VMCH&RI

Madurai

Through Proper Channel

Respected Sir,

Sub: Permission to Conduct NEET PG orientation session for CRRI - Regarding

As per our Honorable Chairman's instruction, NEET PG orientation program is being planned on 13-09-2022 for the present CRRI batch in college lecture hall 1. A special expert from PSG medical college, Coimbatore will be conducting the session.

I request you to kindly allocate 1 hour time for all the CRRI's to attend the session on the corresponding day

Thanking you

Dr.S.Anu

Professor & Head

Dept of Physiology

PROFESSOR & HEAD Department of Physiology Velammal Medical College Hospital and Research Institute Madulor Coll Gud

20/8/2022

Madurai

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#### **ORIENTATION PROGRAM FOR CRRI'S**

## **"UNDERSTANDING CURRENT TRENDS** IN COMPETITIVE EXAMINATIONS"

Date : **13-09-2022 (Tuesday)** 

Time: (2.00 pm to 3.00 pm)

Venue: Lecture Hall I, Medical College

#### PATRONS:

Shri. M.V. Muthuramalingam Chairman, Velammal Eduational Trust Shri. M.V. Karthik Director, Velammal Hospital

#### **ADVISORS:**

Dr. T. Thirunavukkarasu, Dean Dr. S.C. Ganesh Prabu, Medical Superintendent Dr. B.G. Mahesh Krishna, Vice Principal

Organizing Committee Dr. S. Anu | Dr. R. Ramesh | Dr. SenthilMurugan

#### PROGRAM AGENDA

#### 2.00 pm

2.05 pm

2.10 pm

2.50 pm

3.00 pm

Welcome Address Dr.R.Ramesh, Professor, Dept of General Medicine Introduction of the Speaker Dr.S.Anu, Prof & Head, Dept of Physiology Guest Speech "UNDERSTANDING CURRENT TRENDS IN COMPETITIVE EXAMINATIONS" Dr. A. S. Meenakshi Sundaram, Asst Professor, Dept of Biochemistry, PSGISMR

Question & Answer Session Session Coordinator – Dr.S.P.Kausikan Post Graduate , Dept of Physiology Vote of Thanks Dr.P.Senthil Murugan, Consultant Cardiologist

#### **Guest Lecture-NEET**

Presented by	: Dr.A.S.Meenakshi Sundaram,
	Assistant Professor, Dept. of Biochemistry, PSGISMR.
Date & time	: 13.09.2022 2.00 pm to 4.00 pm
Торіс	: Understanding current trends in competitive examinations
Venue	: Lecture Hall I, Velammal medical college.
Conducted by	: Dept. of Physiology, Velammal medical college.

As per the hon'ble Chairman's instructions, a guest lecture was planned to be conducted by the department of Physiology, Velammal medical college on orienting the undergraduate students about the current trends in the competitive exams following completion of their undergraduate degree. Hence, guest speaker, Dr.A.S. Meenakshi Sundaram, Assistant Professor, Dept. of biochemistry, PSGISMR was invited to give a lecture. Some common questions, which needed clarification, were collected from students beforehand and were compiled.

The lecture was conducted in the lecture hall I, on 13.09.2022 from 2.00 pm to 4.00 pm. It was attended by 52 CRRI students from VMCH&RI. The welcome address was given by Dr.R.Ramesh, Professor, Dept of General Medicine. Introduction of the speaker was done by Dr.S.Anu, Professor and Head, Dept. of Physiology. The guest speaker conducted an inspiring, eloquent and interactive lecture about the current trends in competitive examinations. He spoke about the current environment in which the competitive exams are conducted, the ways by which questions are asked, the standards with which the questions are taken and how to face them. He also explained the students about the mentality with which they should face the examinations and the mental and physical hardships that might come along the way.

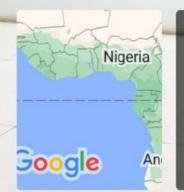
Prof. T. TZIRUNAVUKKARASU, M.D.D.A., Decin Velammai Medical College Hospital and Research Inclitate "Velammal Village" Meducal-Tulicotin Ring Road Anuppancol, Meducal-625 009, T.N.

He also answered the questions, asked by the students, which were collected in advance, regarding entrance examinations, marking systems used in exams and the ranking systems in place which are used during postgraduate counseling processes.

Finally vote of thanks was given by Dr.P.Senthil Murugan, Consultant Cardiologist and the session was concluded.

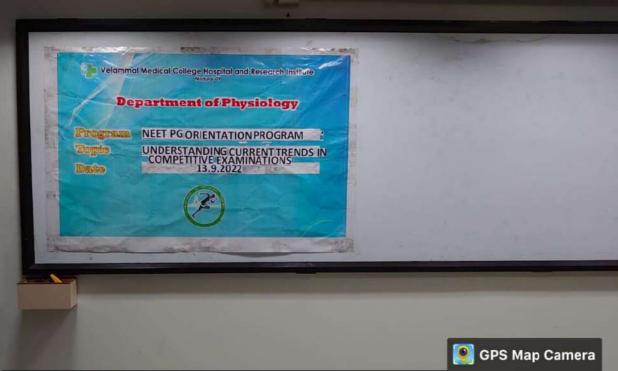
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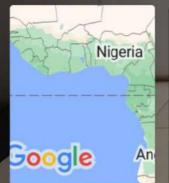
Prof. T. THIRUNANAIRKARASU, MD,DA. De an Volammal Medical College Hospital and Research Institute "Velammal Village" Madurai-Tubestin Ring Road Anuppanadi, Madurai-625 Coll, T.N.



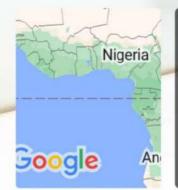
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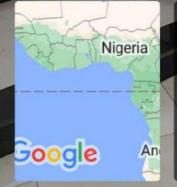
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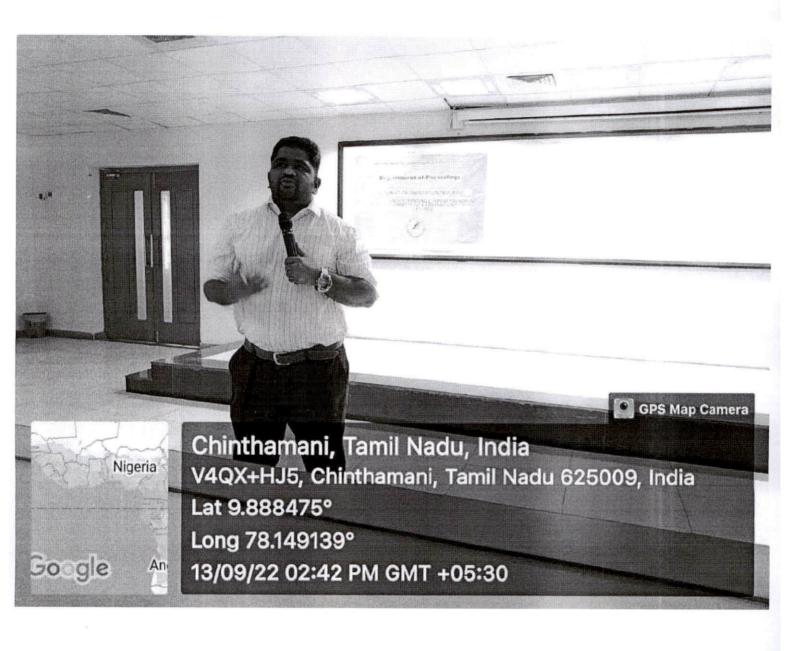


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WUKKARASU, M.D.D.A., Prof. T. T Mollege Hospital Velam Volammal Village" Madural-Tuticorin Ring Road Anuppanadi, Madurai-625 009, T.N.

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